

# Is it a Cold or the Flu?

Symptoms	Cold	Flu
<b>Fever</b>	Rare	Yes, often high (102 – 104F); lasts 3-5 days
<b>Headache</b>	Rare	Yes, sudden and can be severe
<b>Aches/pains</b>	Mild	Usual, often severe
<b>Fatigue/weakness</b>	Mild	Yes, sudden and can last 2-3 weeks
<b>Extreme exhaustion</b>	Never	Yes
<b>Stuffy nose</b>	Common	Sometimes
<b>Sneezing</b>	Common	Sometimes
<b>Sore throat</b>	Common	Sometimes
<b>Chest discomfort/cough</b>	Mild hacking cough	Common, can be severe